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Health Care Council



23 Sep 2014, 0800-0930

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Agenda

- ***McChord Medical Clinic***
- ***McChord Dental Clinic***
- ***62 MDS (Airman's Clinic)***
- ***United Healthcare Military & Veterans***
- ***Open Forum***

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McChord Medical Clinic

- ***MMC Clinic Updates***
- ***Flu Vaccine***
- ***PCMH Goals***

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McChord Medical Clinic



■ **Clinic Updates**

■ **Pharmacy Services:**

- **Recommend Tricare Mail Order Pharmacy for daily medications for chronic conditions**
- **Hydrocodone now Schedule II Med by FDA**
- **Lab and Rad: new imaging equipment installed in Radiology past 2 weeks and Lab will start renovations**

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McChord Medical Clinic

■ **Clinic Updates**

■ **Women's Health Clinic:**

- **2 Providers**

- **Open for new OB patients**

■ **Behavioral Health Clinic:**

- **4 Therapy Providers/1.5 Psychiatrists**

- **Hiring front desk clerical staff and psych technician**

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McChord Medical Clinic

- **Clinic Updates Patient Centered Medical Home**
 - **Primary Care Enrollment: FY 15 Goal 9000**
 - **Current: 9054**
 - **(1017 Tplus)**
 - **Primary Care Staffing: 5 FM and 2.5 Peds**
 - **One FM provider retiring end November**
 - **Hired Behavioral Health Consultant**
 - **Nursing staff on board or in training**
-

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McChord Medical Clinic

- **CAFAC transition to CAFBHS (Child and Family Behavioral Health System)**
 - **Changing to a “Consultative Model”**
 - **Does NOT affect AD AF**
 - **Family members > 18 years of age can still be seen in McChord BH Clinic**
 - **Family members < 18 years of age will see IBHC or CAFBHS based on Behavioral Health concern**
 - **EFMP patients with multiple psychiatric admissions or anorexia may be denied**
-

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McChord Medical Clinic

■ **Clinic Updates**

■ **Flu Vaccine**

- **Available to patients starting mid October**
- **Currently available in local pharmacies (need handout)**

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PCMH Goals

- **Your role in a Patient Centered Medical Home**
 - **Active member of the health care team**
 - **Adhere to medical plan by keeping appointments, following through with consults and screening test and medical advice**
 - **Provide your team with health information received in network including emergency room and urgent care center visits and specialty care services so your team can further coordinate your health care**
 - **Provide list of medications you are taking**
 - **Actively engage in lifestyle choices that improve your health such as good nutrition, exercise and sleep**
-

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Health Maintenance

- **Schedule labs prior to your visit when possible**
 - **What is a health care maintenance visit?**
 - **Identify risk factors in your personal health behaviors and your family health history**
 - **Perform a physical examination**
 - **Obtain screening tests at the certain intervals**
 - **Provide preventive health services**
 - **Educate about healthy lifestyles**
 - **Daily exercise**
 - **Healthy food choices**
 - **Appropriate sleep**
-

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McChord Medical Clinic

- How can YOU help us help your clinic?
 - Use TRICARE ON LINE to book appointments
 - Use Secure Messaging instead of face to face appt
 - Decrease UCC visits-contact Nurse Advice Line (NAL) or your PCMH Team nurse for phone advice
 - Complete your APLSS (Army Provider Level Satisfaction Survey)
 - Complete your routine health care maintenance (mammogram, colonoscopy, Hemoglobin A1C, etc)
 - Cancel your appointment if you cannot make it
-

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McChord Dental Clinic

- All non-emergency call for appt
- Deployment Exams
 - Call 982-5505
 - Last minute deployer – walk in (may have to wait for Space-A)
- Unit Classification View (UCV) - Dental scheduling system dental readiness & appt management tool
 - UHM/CC designated members able to track appt statuses
 - Great First Sergeant Tool for broken/failed appts



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62 MDS/Airman's Clinic

Airman's Clinic Enrollment

Providers / Specialty	
Lt Col Craig-Gray	Flight Med/MD
Lt Col Krueger	Flight Med/MD
Maj Chang	Flight Med/MD
Maj MacLean	Flight Med/MD
Maj Nielson	Flight Med/PA
Lt Col Kim	Family Med/MD
Lt Col Gervais	Family Med/MD

Total Enrollment	
Flt Med	1,421
Family Med	2,379
Total	3,800

Holiday Hrs of Operation:

- M-F 0730-1630 (Clinic closed every Thursday afternoon for Training/Meetings)
- Columbus Day: Closed 10 October (Holiday)
- Veterans Day: Closed 11 November (Holiday)
- Thanksgiving Day: Closed 27 & 28 November (Holiday & Family Day)

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62 MDS/Airman's Clinic

■ **Quarters Status**

- **Commander or Supervisor – may allow AD members to stay home 24 hours (formal quarters not necessary)**
 - **Per AFI 41-210, *TRICARE Operations and Patient Administration Functions*, 4.14. Quarters Status**
- **Member may call the clinic or the Nurse Advice Line (NAL) to speak with a nurse about their symptoms**
 - **1-800-TRICARE (1-800-874-2273)**

■ **Appointments**

- **Tricare Regional Appt Center (TRAC) 1-800-404-4506**
 - **Mon thru Fri 0600-2000; Sat/Sun 0700-1530**
- **Online @ <https://www.tricareonline.com>**
- **MiCare – follow-up appointments**

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62 MDS/Airman's Clinic

- **Walk-In Services (Hours 0800-1130; 1300-1530)**
 - **RTFS/RTCS – any time**
 - **Sore (Strep) Throat**
 - **Pregnancy Testing**
 - **Wart Treatments**
 - **Suture/Staple Removal**
 - **Recurrent Injections – Depo-Provera, Vitamin B12, etc.**
 - **Blood Pressure Checks: Provider Directed Only**

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62 MDS/Airman's Clinic



**OUR
CLINIC IS
ONLINE!**

Good News, now you can...

- 
**Securely
Message Your
Healthcare Team**
- 
**Request
Appointments**
- 
**Request
Medication
Refills**
- 
**Get Your
Lab Results**

It's Easy To Get Started

Visit -<https://app.relayhealth.com>

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FY 15 HEALTH PROMOTION



- **HAWC is located in Building 726 Fitness Center Annex**
- **USAF Health Promotion including McChord Field Health Promotion is undergoing transformational change. Beginning FY2015, the 62 MDS MTF is programmed to have a single Health Promotion Coordinator. The Health Promotion Coordinator here at McChord Field is Dr. Danielle Knutson who is the current supervisor for Health Promotion Operations.**
- **Dietitian position, and exercise physiologist (EP) position have been cut for FY 15. The Dietitian currently on staff will maintain contract until it expires in September FY 14 and will not be extended. Individuals can self-refer to Madigan Nutrition Clinic by calling 968-0547 for weight management and sports nutrition.**
- **The Exercise Physiologist will remain until Civilian Personnel relocate him into a new position.**

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FY 15 HEALTH PROMOTION



- **McChord Field Health Promotion will continue group weight reduction interventions (Better Bodies Better Lives), and tobacco cessation counseling will be provided in group-based formats.**
- ***Policy/environmental changes have broadest reach and are most cost-effective interventions:*** Highest long-term yield will result from implementing evidence-based interventions that are population-based, high-reach, and low-cost; i.e. policy/systems/environmental changes that promote ***“Culture of Health”***.
- **HQ SG staff partnering with AF/A1 staff to develop standardized online training for PTLs leading group PT which emphasizes safety; will end aerobic and strength intervention options for fitness failures**

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HAWC BE WELL Update

- **BEWELL class options are taken to meet AFI requirement for Airmen who do not pass FT**
 - **There are 5 options available to meet AFI mandatory requirement for Airmen Not Passing (NP) FT:**
 1. **On Line BE WELL Class**
<https://golearn.csd.disa.mil/kc/login/login.asp>
 2. **HAWC BE WELL Nutrition class, for Abdominal NP**
 3. **HAWC BE WELL Strength class, for strength NP**
 4. **HAWC BE WELL Cardio class, for Walk or Run NP**
 5. **Military One Source <http://www.militaryonesource.mil/>**
 - **HAWC currently offering BE WELL options 2, 3 and 4 bi-weekly**
-

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TRICARE[®]

Your Military Health Plan

TRICARE Self-Service Options

Updated July 2014



*TRICARE is a registered trademark of the Department of Defense,
Defense Health Agency. All rights reserved.*

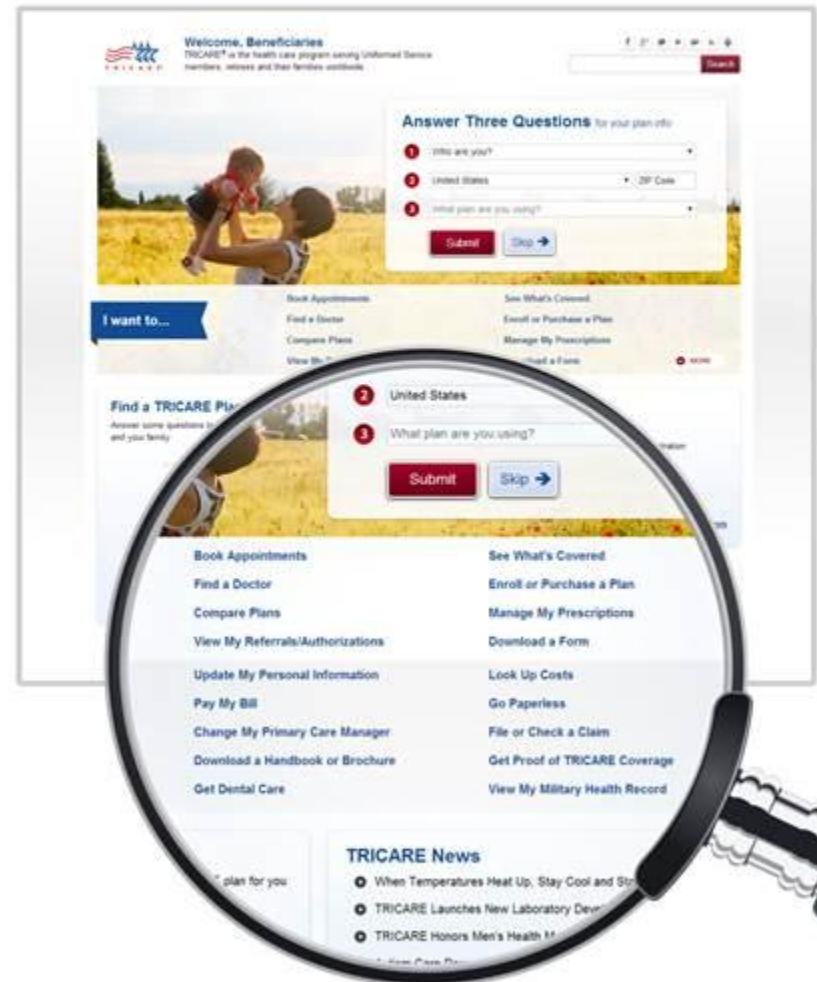
Self-Service Options Online

Using TRICARE's "I want to ..." Section

You can manage your benefits at home or on the go via TRICARE partner secure Web sites. On **www.tricare.mil**, the "I want to ..." section directs you to links that allow you to:

- Enroll in or purchase a plan
- File or check a claim
- View referrals and prior authorizations
- Find a doctor
- Update your contact information

... and **much more!**



Log-On Options by Beneficiary Category

Service Members*

Retirees

**Eligible family members—
spouses, widow(er)s, children
ages 18 and older**



Common Access Card



**Coast Guard and U.S. Public Health Service members are not paid by the DoD and do not have DFAS myPay PINs.*

Self-Service Options Online

DS Logon (*continued*)

Beneficiary Web Enrollment

[\(?\) Help Center](#) [-AA+](#)

DS LOGON Registration

Welcome to the registration wizard.
Here you can create your DS LOGON account,
whether you are a service member, veteran, or family member. (?)

Select registration method

- ☐ I have a Common Access Card (CAC) with accessible card reader. (?)
- ☐ I have an active DoD ID card and an email on file in the Defense Enrollment Eligibility Reporting System (DEERS). (?)
- ☐ I have a Defense Finance and Accounting Service (DFAS) myPay account. (?)
- ☐ I have none of the above, but I am registered in the Defense Enrollment Eligibility Reporting System (DEERS). (?)

[Continue](#)

[Cancel](#)




Many TRICARE-Related Sites Accept DS Logon

- Health Net Federal Services, LLC (Health Net)—North Region
- Humana Military, a division of Humana Government Business (Humana Military)—South Region
- UnitedHealthcare Military & Veterans (UnitedHealthcare)—West Region
- TRICARE For Life
- myTRICARE (claims processor)
- TRICARE Dental Program
- TRICARE Retiree Dental Program
- RAPIDS Self Service
- TRICARE Online
- Defense Manpower Data Center's (DMDC's) Reserve Component Purchased TRICARE Application
- Beneficiary Web Enrollment (BWE)
- milConnect



Self-Service Options Online

Sample Log-On Pages



[Help Center](#) [+/-](#)

DS LOGON ?

Department of Defense
Self-Service

[Forgot DS Logon Username?](#)

[Forgot DS Logon Password?](#)

Need a DS LOGON?

Have a DS LOGON activation letter?

Need to upgrade your DS LOGON?

Need to manage your logon profile settings?



Information and Technology for Better Decision Making

[Help Center](#) [+/-](#)

DS LOGON ?

Department of Defense
Self-Service

[Forgot DS Logon Username?](#)


[Forgot DS Logon Password?](#)

Need a DS LOGON? ?

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Need to manage your logon profile settings? ?



[Help Center](#) [+/-](#)

DS LOGON ?

Department of Defense
Self-Service

[Forgot DS Logon Username?](#)

[Forgot DS Logon Password?](#)

Need a DS LOGON? ?

Have a DS LOGON activation letter? ?



Need to upgrade your DS LOGON? ?

Need to manage your logon profile settings? ?



Self-Service Options Online

Your TRICARE Regional Contractor: UnitedHealthcare



Contact Us | Help

Search

Search

Home

Beneficiaries

Providers

Government

Find a Provider

About

Overview

Secure Content

Resources

Overview


Getting Started

Latest News

Popular Topics

DS Logon

uhc militarywest Logon



Men Get Depressed Too! What You Can Do About It

Overview

Secure Content

- My Eligibility
- My Referrals and Prior Authorizations
- My Claims
- My Deductibles
- My Other Health Insurance
- My Profile
- Make a Payment

Resources

- 2014 TSC Closures
- Affordable Care Act
- Behavioral Health Programs
- Case Management Program
- Claims
- Disease Management Program
- Enrollment
- Find a Form
- Healthy Lifestyle
- Help Guides
- National Guard and Reserve

Overview

DS Logon is a preferred secure login for those who qualify

uhc militarywest Logon for those without a DS Logon

Don't have a DS Logon? Register Now

Don't have a uhc militarywest Logon? Register Now

Getting Started

- Download the Welcome Packet (871kb)
- Update DEERS
- Update your TRICARE Plan Enrollment
- Change Your PCM
- Enroll in Automatic Recurring Payments

Latest News

Department of Defense Announces New Policy Forthcoming for Autism Benefits

Popular Topics

- ABA Pilot Applied Behavior Analysis (ABA) Pilot program...
- TRICARE Newsletters Current and archived newsletters

DS Logon

uhc militarywest Logon



Men Get Depressed Too! What You Can Do About It



Self-Service Options Online

milConnect—<http://milconnect.dmdc.mil>

- **milConnect** is a Web application provided by DMDC. Sponsors, spouses, and eligible family members (*age 18 and older*) can access personal information, health care eligibility, personnel records, and other information in a central location.

The screenshot shows the milConnect website. At the top, the logo "milConnect" is displayed with "Powered by DMDC" to its right. Navigation links include "Home", "Q & A", "About Us", "Contact Us", and "Help". The main content area features a "Breaking News" section with updates on the Affordable Care Act and pay information. Below this is a "Sign In" section with a "Sign Up Now" button circled in red. A "Quick Links" section on the right lists various services. The bottom of the page contains a grid of service categories like "Life Events that Impact Your Benefits", "Military Transitions", "Education Benefits", "DEERS", and "ID Cards", each with a list of specific services. The footer includes "External Links" to various military and government websites, and social media icons for Facebook and Twitter.



milConnect—Once you log on, you can securely ...

- Update contact information in DEERS
- View current health care enrollments and manage TRICARE enrollments
- Locate the nearest military ID card-issuing facility
- View personnel information
- Obtain proof of insurance if currently in a TRICARE program
- Find answers to frequently asked questions about health care eligibility
- **Also:** Transfer education benefits to eligible family members, view ID cards, view Servicemembers' Group Life Insurance information (*except Marine Corps and Coast Guard*)



Self-Service Options Online Using milConnect

The screenshot displays the milConnect website interface. At the top, the milConnect logo is visible, along with navigation links: Sign Out, About Us, Contact Us, Help, and a user icon. Below the header, a navigation bar contains links: Home, My Profile (circled in red), eCorrespondence, Health Care, Education, Life Insurance, ID Cards, and Help. The main content area is titled 'Update and View My Profile'. It features a 'Family Members' section on the left and a 'Personal Information' section on the right. The 'Personal Information' section is further divided into 'MIL' and 'Sponsor Information' (indicated by a large bracket and a red arrow pointing from the 'My Profile' menu). The 'Sponsor Information' section includes fields for Name, Display Name for GAL, DoD ID Number, Relationship to Sponsor, Gender, Birth Date, Citizenship, Organ Donor Status, and Enterprise Username (EUN). A note states '*indicates required field'. Below this is an 'Addresses' section. On the right side of the page, a 'Quick Links' sidebar lists various services, with 'Beneficiary Web Enrollment' and 'eBenefits (VA Portal)' circled in red.

milConnect Powered by DMDC

Sign Out | About Us | Contact Us | Help |

You are signed in as a sponsor

Home | **My Profile** | eCorrespondence | Health Care | Education | Life Insurance | ID Cards | Help

Update and View My Profile

Family Members

Name Appears Here (Sponsor)

Personal Information

MIL

Name:
Display Name for GAL:
DoD ID Number:
Relationship to Sponsor:
Gender:
Birth Date:
Citizenship:
Organ Donor Status:
Enterprise Username (EUN):

Sponsor Information

*indicates required field

Addresses

Quick Links

- Transfer Education Benefits
- Update Address
- Update GAL Info
- eCorrespondence
- **Beneficiary Web Enrollment**
- **eBenefits (VA Portal)**
- Family Subsistence Supplemental Allowance (FSSA)
- Joint Qualification System (JQS)
- Manage DS Logon Account
- RAPIDS Self Service
- RAPIDS Site Locator
- TRICARE Claims
- TRICARE for Guard and



Self-Service Options Online


eCorrespondence


[Home](#) [My Profile ▾](#) [eCorrespondence ▾](#) [Health Care ▾](#) [Education ▾](#) [Help ▾](#)

eCorrespondence ⓘ

Welcome to the NEW eCorrespondence page. TRICARE Enrollment Cards and Age 21/23 Eligibility Change letters are now available online! Active Duty Service Members, National Guard or Reserve Service Members on Active Duty or Early Alert will automatically receive an email notification to their personnel email address in place of a mailed letter when this correspondence is available.

Future eCorrespondence enhancements include replacing additional mailed letters with e-mail notifications as well as expanding e-mail notifications to non-Active Duty populations and family members regarding benefits changes. Click on the help button for more information.

 [TRICARE Dental Enrollment Card, Jane A. Smith \(current\)](#)

 No additional correspondence available. Check the help...

If you have problems retrieving your electronic correspondence, please refer to the help section of this page. For any remaining issues, please send an email to eCorrespondence@osd.pentagon.mil.



Self-Service Options Online

TRICARE Self Service—www.tricare.mil/contactus

Contact Us

[Call Us](#)

[Crisis Hotlines](#)

[Log in for Secure Services](#)

[Email Us](#)

[TRICARE Service Centers](#)

[Fraud or Abuse](#)

[File a Grievance](#)

[Home](#) » [Contact Us](#)

 [Print](#) | [Need Larger Text?](#)

Contact Us

Select from one of the following customer service options:

[Call Us](#)

Call toll-free to speak to a customer service representative.

[Crisis Hotlines](#)

Call or chat online with mental health counselors.

[Log in for Secure Services](#)

Log in or register for secure services on our partner sites.

[Check FAQs](#)

Find instant answers to the most frequently asked questions.

[Email Us](#)

Send us your questions and we will reply in 30 business days.

[Fraud or Abuse](#)

Report any suspicious activity regarding your health care.

[File a Grievance](#)

File a complaint about the quality of care you received.

Related Topics

[Find a Beneficiary Counseling and Assistance Coordinator](#)

[Find a Debt Collection Assistance Officer](#)

[Find a Military Hospital or Clinic](#)

[Download a Mobile App](#)

Related Downloads

[TRICARE Resources for Service Overview](#)

[TRICARE Contact Wallet Card](#)



Self-Service Options Online

TRICARE Self Service—www.tricare.mil/callus

Contact Us

Call Us

- Crisis Hotlines
- Nurse Advice Line
- TRICARE Regional Offices
- TRICARE Area Offices
- TRICARE For Life
- US Family Health Plan
- TRICARE Pharmacy Program
- TRICARE Dental Options
- Continued Health Care Benefit Program
- Defense Enrollment Eligibility Reporting System
- Defense Health Agency, Great Lakes
- TOL Secure Web Portal
- Crisis Hotlines
- Log in for Secure Services
- Email Us
- TRICARE Service Centers

Home » Contact Us » Call Us

[Print](#) | [Need Larger Text?](#)

Call Us

The North, South and West regional contractors provide customer service for all plans except [TRICARE For Life](#) and the [US Family Health Plan](#). The overseas contractor provides customer service for all overseas plans.

North Region

- Health Net Federal Services, LLC
- www.hnfs.com
- 1-877-TRICARE (1-877-874-2273)

South Region

- Humana Military, a division of Humana Government Business
- Humana-Military.com
- 1-800-444-5445

West Region

- UnitedHealthcare Military & Veterans
- www.uhcmilitarywest.com
- 1-877-988-WEST (1-877-988-9378)

Overseas

- International SOS, Government Services, Inc.
- www.tricare-overseas.com
- [Country-Specific Toll-Free Numbers](#)

Regional Call Centers

Eurasia-Africa	• +44-20-8762-8384
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Related Websites

Veterans' Affairs Toll-Free Numbers

Related Topics


Find a Beneficiary Counseling and Assistance Coordinator

Find a Debt Collection Assistance Officer

Related Downloads

TRICARE Resources Overview

TRICARE Contact Wallet Card



Call 1-800-TRICARE (874-2273); Option 1
24 hours a day, 7 days a week



TRICARE Interactive Resources Online

- Sign up for general TRICARE news and benefit alerts at **www.tricare.mil/subscriptions**.
- Use keywords and search frequently asked questions at **www.tricare.mil/FAQs**.
- Download handbooks, fact sheets, and more at **www.tricare.mil/smart**.
- Manage TRICARE benefits through **www.tricare.mil**, the “I want to ...” section—get coverage, find providers, check referrals and prior authorizations, view claims, and more.
- View TRICARE information on your mobile device by typing **www.tricare.mil** into your mobile browser.



Additional Regional Slides

TRICARE West Region— UnitedHealthcare Military & Veterans



TRICARE West Region—Enrollment by Phone

- Enroll in TRICARE Prime by calling **1-877-838-7532**.
- You must be age 18 or older, registered in DEERS, and have your sponsor's Social Security number.
- Hours of operation: Monday—Friday, 7:00 a.m. to 7:00 p.m. Pacific Time.
- Questions? Call Customer Service at **1-877-988-WEST (1-877-988-9378)**.



Self-Service Options Online

TRICARE West Region—Beneficiary Resources

Home **Beneficiaries** Providers Government Find a Provider About

Overview

Secure Content

- [My Eligibility](#)
- [My Referrals and Prior Authorizations](#)
- [My Claims](#)
- [My Deductibles](#)
- [My Other Health Insurance](#)
- [My Profile](#)
- [Make a Payment](#)

Resources

- [2014 TSC Closures](#)
- [Affordable Care Act](#)
- [Behavioral Health Programs](#)
- [Case Management Program](#)
- [Claims](#)
- [Disease Management Program](#)
- [Enrollment](#)
- [Find a Form](#)
- [Healthy Lifestyle](#)
- [Help Guides](#)
- [National Guard and Reserve](#)
- [Newsletters](#)
- [Referrals and Prior Authorizations](#)
- [Report Fraud, Waste, & Abuse](#)
- [TRICARE Benefits](#)
- [Your Mobile Tools](#)

Overview

DS Logon is a preferred secure login for those who qualify

DS Logon

Don't have a DS Logon?

[Register Now](#)

uhcmilitarywest.com Logon for those without a DS Logon

uhcmilitarywest Logon

Don't have a uhcmilitarywest.com Logon?

[Register Now](#)

Getting Started

- Download the [Welcome Packet](#) (871kb)
- Update [DEERS](#)
- Update your TRICARE Plan [Enrollment](#)
- [Change Your PCM](#)
- Enroll in [Automatic Recurring Payments](#)

Latest News

Popular Topics

- [ABA Pilot](#)
Applied Behavior Analysis (ABA) Pilot program...
- [TRICARE Newsletters](#)
Current and archived newsletters

PTSD Study: Men Versus Women

Are women Veterans more susceptible to developing post-traumatic stress disorder than their male counterparts? And if so, why?

[Learn More >>](#)



Self-Service Options Online

TRICARE West Region—Grant Access to Family

[Home](#) [Beneficiaries](#) [Providers](#) [Government](#) [Find a Provider](#) [About](#)

[Overview](#)

Secure Content

- [My Eligibility](#)
- [My Referrals and Prior Authorizations](#)
- [My Claims](#)
- [My Deductibles](#)
- [My Other Health Insurance](#)
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- [Make a Payment](#)

Resources

- [Behavioral Health Programs](#)
- [Case Management Program](#)
- [Claims](#)
- [Disease Management Program](#)
- [Enrollment](#)
- [Find a Form](#)
- [Healthy Lifestyle](#)
- [National Guard and Reserve](#)
- [Referrals and Prior Authorizations](#)
- [Report Fraud, Waste, & Abuse](#)

My Profile

Note: This profile information only pertains to your uhcmilitarywest.com account.

Personal Information

Name:	any name
Address:	123 Address Way Any City, NJ 07083
Date of Birth:	01/01/1964
Email Address:	name@test.com

[Edit Email Address](#)

User Name & Password

Username:	example
Password:	*****

[Change Password](#)

Challenge Questions

[Edit Challenge Questions](#)

Grant Access to Family Members

Allow family members to view your health information on uhcmilitarywest.com

Allow family members to view an under 18 family member's health information on uhcmilitarywest.com

[Manage List](#)

[Specify Access](#)

Help

To update your name or address, please visit [Defense Enrollment Eligibility Reporting System \(DEERS\)](#).

For more information on granting permissions, visit the [Granting Access to Family Members](#) page in the TRICARE Benefits section, under Resources.

Select "Manage List" to grant access to a family member.



Self-Service Options Online

TRICARE West Region—Find a Provider

[Home](#) [Beneficiaries](#) [Providers](#) [Government](#) [Find a Provider](#) [About](#)

[Overview](#)

TRICARE Network Provider Search By
[Name/Location](#)
[Condition/Procedure](#)
[Specialty](#)


MTF Search
[Search](#)


Facility Search By
[After Hours Care](#)
[Hospitals, Surgery Centers and Other Facilities](#)


National Ancillary Providers
[Search](#)

TRICARE Out of Network Providers
[Name/Location](#)
[Specialty](#)

Overview - Find a Provider

Network Providers 
TRICARE network providers are managed by UnitedHealthcare. Network providers have signed contracts with UnitedHealthcare to file TRICARE claims on your behalf.
Other Network Provider Resources:
[Access Behavioral Health Facilities & Clinician Search](#)

MTF and Clinics 
Military Treatment Facilities (MTF) and clinics are the core of the military health system. They are found at military bases around the world.
If enrolled in TRICARE Prime and referred by your Primary Care Manager (PCM) for specialty care, you may be referred to an MTF or clinic even if you have a civilian PCM.


Facility Care 
Facilities include After Hours Care, Hospitals, Surgery Centers, Professional Groups and Ancillary Providers such as Durable Medical Equipment providers.
Center Locations:
[LabCorp Patient Services](#)
[Quest Diagnostics Patient Services](#)
[Compare Hospitals](#)
[Transplant COE Medical Centers](#)

[Name/Location](#)
[Condition/Procedure](#)
[Specialty](#)

Directory Updates
Report invalid information by [submitting this form](#) (92kb).



TRICARE West Region—Network Provider Search

[Home](#) [Beneficiaries](#) [Providers](#) [Government](#) [Find a Provider](#) [About](#) 

[Overview](#)

TRICARE Network Provider Search By - Name/Location

* = Required

TRICARE Network Provider Search By
[Name/Location](#)
[Condition/Procedure](#)
[Specialty](#)

MTF Search
[Search](#)

Facility Search By
[After Hours Care](#)
[Hospitals, Surgery Centers and Other Facilities](#)

National Ancillary Providers
[Search](#)

TRICARE Out of Network Providers
[Name/Location](#)

Last Name

☐ Exact Match
First Name

ZIP *

Radius
25 Miles
☐ Return PCMs Only

Gender
No Preference

Language
No Preference

City *

State *
Select One

Reset

Search



Search Help

Narrow Your Search:
Narrow search results by completing one or more non-required fields (Last Name, First Name, Gender or Language).


Exact Match Search:
Selecting 'Exact Match' will allow you to search a specific last name. For example: a search for 'John' will only return results for 'John'. If 'Exact Match' is not selected, a search for 'John' will also return results for 'Johnnes', 'Johnson', 'Johns', etc.).



TRICARE West Region—Provider Results Table View

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MTF Search

[Search](#)

Facility Search By


[After Hours Care](#)
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Provider Search By - Name/Location

[Search](#) > Search Results

- Last Name = allen
- First Name = deborah
- Radius = 25 Miles
- Zip = 92120
- Exact Match = Yes

Total Results = 1 → [Table View](#) | [Map View](#) | [Print Results](#)

Name	Office Phone	Address	Accepting New Patients	Gender	Distance/Directions
ALLEN, DEBORAH, MD	(619) 229-5018	6719 Alvarado Rd Ste 200 SAN DIEGO, CA 92120	Yes	Female	1.519 miles 

Primary Specialty : ORTHOPAEDIC SURGERY

Other Specialties : None



Self-Service Options Online

TRICARE West Region—Provider Results Map View

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Provider Search By - Name/Location
[Search](#) > **Search Results**

- Last Name = al
- Radius = 25 Miles
- Zip = 92120

Showing 1 - 75 results [Table View](#) | **[Map View](#)** | [Print Results](#)

Provider Name


A	ALLEN, DERRICK R., MD 6386 Alvarado Ct Ste 121 SAN DIEGO, CA 92120
B	ALEXANDER, JOSHUA, DO 6645 Alvarado Rd Ste 229 SAN DIEGO, CA 92120
C	ALLEN, DEBORAH M., MD 6719 Alvarado Rd Ste 200 SAN DIEGO, CA 92120
D	ALEXIEWICZ, JADWIGA M., MD 9610 Granite Ridge Dr Ste B SAN DIEGO, CA 92123
E	ALFARA, KIRSTEN, NON 7839 University Ave Ste 105 LA MESA, CA 91942
F	ALLMAN, ELIZABETH C., MA 7839 University Ave Ste 105 LA MESA, CA 91942
G	AL-NASER, RAED ADNAN, MD 5555 Grossmont Center Dr LA MESA, CA 91942
H	ALAMAR, ALL G., MD 5565 Grossmont Center Dr Ste 210 LA MESA, CA 91942





Self-Service Options Online

TRICARE West Region—Military Hospitals and Clinics

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Overview - Find a Provider

Network Providers **MTF and Clinics** **Facility Care**



TRICARE network providers are managed by UnitedHealthcare. Network providers have signed contracts with UnitedHealthcare to file TRICARE claims on your behalf.

Other Network Provider Resources:
[Access Behavioral Health Facilities & Clinician Search](#)

Military Treatment Facilities (MTF) and clinics are the core of the military health system. They are found at military bases around the world.

If enrolled in TRICARE Prime and referred by your Primary Care Manager (PCM) for specialty care, you may be referred to an MTF or clinic even if you have a civilian PCM.

Facilities include After Hours Care, Hospitals, Surgery Centers, Professional Groups and Ancillary Providers such as Durable Medical Equipment providers.

Center Locations:
[LabCorp Patient Services](#)
[Quest Diagnostics Patient Services](#)
[Compare Hospitals](#)
[Transplant COE Medical Centers](#)

[Name/Location](#)
[Condition/Procedure](#)
[Specialty](#)

[MTF Search](#)


[After Hours Care](#)
[Hospitals, Surgery Centers and Other Facilities](#)

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Self-Service Options Online

TRICARE West Region—After Hours Care

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Overview - Find a Provider

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[MTF Search](#)

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Clinic Resources

■ Appointments

- TRICARE Regional Appt Center (TRAC)
or TRICARE On-Line

800-404-4506

<https://www.tricareonline.com>

■ Services

- McChord Clinic Line (connect w/services below) 982-CARE (2273)
- McChord Clinic Message Line (PCM/RN, checked hourly) 982-5766
- Patient Advocacy Airman's Clinic 982-6390/Family Practice 982-8696
- United Healthcare Mil & Vets 877-988-WEST (9378) or [http:// www.uhcmilitarywest.com](http://www.uhcmilitarywest.com)
- Pharmacy Central 982-2458/Refills 968-6699
- Radiology (plain X-rays only, other Diag Imaging @ MAMC) 982-2361
- Lab 982-2073
- Extraordinary Family Member Program (EFMP) 982-3350
- Recovery Care Coordinator (RCC) 982-8580
- Medical Evaluation Board 982-4931/8704
- Community Nursing 982-8693
- HAWC 982-6948

■ Websites (Sharepoint)

- TRICARE "I Want To ... " www.tricare.mil
- Benefits Coorspendance/ DEERS Updates 800-538-9552 or <http://milconnect.dmdc.mil>

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Open Forum



***Next meeting
16 Dec 2014 @ 0800-0930
In 446 Auditorium***

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